

December
2007

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the Daglightale

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Augustana Against AIDS: Making a Difference Beyond the Campus

By Nihal Tittmamer, Co-editor

Augustana Against AIDS (AAA) is a student club at the University of Alberta's Augustana Campus. The club's mission has been dedicated to the fight against the HIV/AIDS pandemic. On the eve of World's AIDS Day on December 1, AAA's President Chelsea Halvorson told the Daglightale that her group would be holding a World AIDS Day Awareness Marathon to promote awareness in the community of Camrose regarding education and prevention. The activities would include raffles, silent auctions, live music, movies, food, games, and speakers as part of creating awareness about the pandemic. "The purpose of this day is to remember the devastation this pandemic has created in the world and how we can be a part of reversing it," she told the Daglightale.

Since its founding, AAA has scored a number of achievements, as Chelsea put it. "In the past four years there have been several goals created and achievements made. We invited and hosted Stephen Lewis (the renowned Canadian AIDS activist) who spoke about the growing AIDS crisis in Africa. We continue to raise money to sponsor an orphanage in Swaziland located in an area where the infection rate among women is 56%." The group has been inspired by their slogan, which says "What we don't do won't get done." "We have tried to do 'what hasn't been done' in order to raise awareness of how HIV/AIDS is destroying lives," she said.

Asked what has been their major achievement, Chelsea said, "Last April, one of AAA's biggest goals was finally reached. We sent one of our own members to hand deliver our cheque to the children and staff of the Mangweni school in Swaziland. This school is a part of the orphanage we support in the town of Manzini. This was a major achievement for us and helped us realize our passion to help others." Among the activities the group has been involved are open mic nights to raise money for AIDS orphans and promotion of safe sex in which they have brought speakers in to discuss AIDS pandemic. Recently, AAA also partnered with Augustana Chaplaincy for a Fair Trade Coffee sale through St. City Roasters, in which they raised roughly \$1200 for each group. Chelsea described her group as comprised of people who have been united by a strong passion and desire

to help those who are disadvantaged.

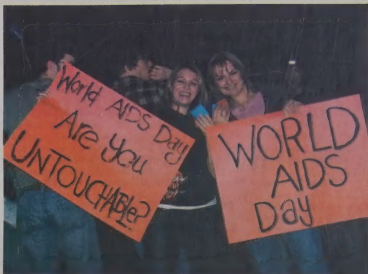
Concerning immediate activities in the future, Chelsea was glad to reveal to The Daglightale that the African Children's Choir would be holding a concert on campus on April 9, 2008. She said the choir is composed of 26 children, primarily from Uganda and Kenya, adding that each of the children had experienced the loss of one or both parents due to AIDS.

In 2007 according to UNAIDS, advances in methodology in estimating HIV epidemics have resulted in changes in number of people living with the virus worldwide. This year, the number of people living with HIV has dropped from 39.5 in 2006 to 33.2 million people in 2007. The reason for this decrease in HIV prevalence is attributed to India's extensive reassessment of its state of epidemic, which saw a major revision of the country's estimates. Another important factor is the improvement in the Sub Saharan Africa. According to UNAIDS, 70% reduction of HIV infection this year came from the nations of Angola, India, Kenya, Mozambique, Nigeria, and Zimbabwe. In both Kenya and Zimbabwe, the change is attributed to reduction of risky behaviours.

In the past, Uganda has been ranked in the Sub Saharan Africa as having achieved great reduction in HIV prevalence. This reduction has been attributed to its ABC formula which stands for "Abstinence from making sex," "Being faithful to your partner," and use of "Condoms."

The theme of 2007 World AIDS Day is leadership, which calls for "innovative and visionary leadership in response to the epidemic." It calls on humanity to renew commitment at the individual, family, community, national and international levels to support and empower leadership in the fight against AIDS. There is no doubt that Augustana Against AIDS (AAA) has positioned itself as part of global leadership in the best tradition of this year's World's AIDS Day Theme.

Right: Mumps immunizations in the Faith and Life on Thursday, November 29th. The vaccine also protects against measles and rubella. Two vaccinations total during your life are enough to give immunity. Recipients were asked to wait on-site for 15 minutes as a precaution. For those who missed, immunizations are offered again on Thursday December 6th from 9:30 AM to 3:30 PM.



Above: AAA at the Battle of the Bands on November 30th
Below: Fried Bread and Hot Chocolate gathering on November 14th, in honor of Mitis Week.
See article page 2.



Celebrating the Journey through Education: Augustana Opens Aboriginal Students Office

By Petra & Jan (Aboriginal Students Office)

Did you know that there are over 30 Aboriginal students studying at Augustana this semester? In order to help provide an environment that gives First Nation, Métis, and Inuit students support, encouragement, and a sense of

community, Augustana recently opened an Aboriginal Students Office (room F213). Staffed by Petra Cegielny and Janice Fehr, the Aboriginal Students Office works to support and educate the whole person. In recognition of this we include services that support the emotional, physical, mental, and spiritual needs of Aboriginal students with access to and learning from Elders and peers throughout the community.

Some people may ask "Why do the Aboriginal students get a special office?" In "Dare to Deliver", the U of A's Academic Plan 2007-2011, the university identified institution-level commitments and initiatives that the U of A will implement as it enters its second century. Part of the document describes how the university plans to cultivate community engagement by improving access to the U of A for rural, Aboriginal, and non-traditional students. This document states the university will support cross-Faculty programs of study for rural and Aboriginal engagement, hire and support Aboriginal recruiters, and will begin work to build or designate an Aboriginal gathering place. Room F213 is the beginning of such a space at Augustana. Aboriginal peoples comprise a significant part of Alberta's heritage and carry with them rich

cultural traditions and history. Augustana understands the importance of respecting, representing, and supporting this segment of the population that has historically been an under-served demographic.

Some of the services and events that may be accessed by Aboriginal and non-Aboriginal students through this office are: information on Aboriginal scholarship and bursaries, Aboriginal peer support, student get-togethers and outings, Elder services, Eagle Feather Ceremony, guest speakers and performers, reference assistance and materials, as well as information on community services and courses with Aboriginal content.

Many of you may have recently participated in an Aboriginal Students Office event. As you may recall, on November 14th, in celebration of Métis Week, the office hosted a Fried Bread and Hot Chocolate Gathering outside the Faith and Life Centre. Jan and Petra, with the help of 3 volunteers, prepared, fried, and gave away nearly 400 pieces of fresh bannock. Not only is bannock a tasty treat, the Aboriginal Students Office maintains it to be the perfect study snack. To help students prepare for the coming weeks of study, please find our recipe below. For more information on "Dare to Deliver", go to

"Jst thot u should kno"

By Kate Whittleton

A discussion about virtual communication and artificial communication is a good transitional topic to discuss my concrete experiences with globalization. Globalization has flattened the world, shortened the day, and distorted perceptions of what truth, beauty, and goodness mean. I recently watched a segment on Much Music (what used to be a decent alternative music station on cable television) and in a span of thirty minutes, advertising ranged from Oil of Olay anti-aging wrinkle creams, Colgate teeth whiteners, and cell phone companies encouraging us to text "JOKE" to whatever given number they derived. It blew me away that a demographic, approximately fourteen to twenty-four years of age, was targeted with anti-wrinkle agents! What does this say about our conception of beauty? At what age must we start slathering anti-aging crèmes on our faces, whitening our teeth with artificial bleaches, and spending, spending, spending our new

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www.president.ualberta.ca/daretodiscover.cfm Finally, for information on Aboriginal Students Office events and services, or to ask questions and provide suggestions, please visit us in room F213. We're always looking for new ways to celebrate your journeys.

Augustana Fried Bannock

3 cups of all purpose flour
2 tsp baking powder
2 tsp granulated sugar
1 pinch of salt
¾ cups milk
¾ cups water
Oil for deep frying

Preheat oil for deep frying. While oil is heating, combine all dry ingredients in a large bowl. Make a well in the middle of the dry mixture and pour in the milk and water. Mix together to make a stiff dough. Roll dough out and cut into squares. Use a knife to cut air holes in each piece and drop carefully into hot oil. Cook for approximately two to three minutes on each side or until bannock is golden brown. Bannock is now ready to eat plain, with butter, or with your favorite jam or topping.

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Pulling Effective All-Nighters or Late-Nighters

Submitted Anonymously

Have you ever had to stay up late, possibly all night, to get something done? It's a silly question really; I mean who hasn't had to at least once, especially at this time of year.

Term Papers. Essays longer than you've ever had to write. Library Research. Assignments worth upwards of 25 percent of your total course grade. Finals. Five courses worth of all this to do, all at once. Sometimes it requires putting sleep on hold. It's almost a given that it will have to happen at some point. Well, we're all in this together I reckon, and therefore I will share with you my advice about how to stay up late the right way and get work done effectively in the process, with the hopes that it may benefit somebody out there.

The first mistake people make is thinking that they can just drink lots of coffee or energy drinks and they'll be good. Sure, maybe if the kind of work you're doing requires a lot of facial twitching and pacing back and forth, but if you actually expect to be able to sit in one place and think, which is sort of a requirement for pretty much everything done at university, then lots of caffeine and whatever else it is they put in energy drinks is not going to do much more than make you unable to close your eyes. You'll be higher than high for a good few hours sure, then the crash will hit and at that point you might as well be six feet under.

You have to think in terms of moderation and what your body actually needs to keep it sustained. Drinking stimulants like caffeine keeps

you awake by way of putting your body through stress. Stress creates fatigue. Eventually fatigue overwhelms everybody. It's inevitable. Logically, you can only take in so much in the way of stimulants until you hit a certain point of too much being too much, and then your body will take over and shut itself down whether you want it to or not. I'm guessing you don't want that when you have 10 pages of essay left to do before morning. Think about what you normally turn to when you put your body through other forms of stress, like exercise for example. People usually drink water after exercising. If you drink water while you stay up, it helps your body fight off the stress and fatigue. Another bonus is that you'll need to pee lots, and a constant need to visit the washroom is just one more good way to help keep yourself awake. Important to note is that coffee and most stimulants also dehydrate you, which is another reason to drink water on a regular basis, or drink something that already has water in it like tea.

In processing all the caffeine and water you'll be drinking, and for the simple fact of being awake when it doesn't want to be, your body will use a lot of energy. I would suggest that while you can drink a lot of energy drink and be very awake at 3 in the morning, you still won't necessarily have a lot of energy if all you've been doing is sitting in a chair and drinking liquids. Taking short breaks to walk around and move your body a little is good, but more important is keeping it fed. Sustain yourself through food. Between the food and the water, you

can balance out the caffeine stimulants without rendering them ineffective, and you will be providing your body with the things that it will want in a stressed and fatigued state, and as a result it won't shut down on you and you will be able to keep thinking clearly and not be wired so high that you can't slow your brain down enough to have it actually focus on what is in front of you.

Pick your stimulants wisely. Will you drink coffee or energy drinks? Will you have a lot of sugar? What will give you the most sustained high with the least chance of you crashing halfway through whatever it is that you have to get done? In your experience, what are the merits of caffeine vs. sugar for keeping you awake with the least amount of twitchiness? If you have a serious amount of work to do, it is worthwhile to think about these things a little bit before you embark on an evening of homework. My advice is to have some dark chocolate available. It has enough sugar to give your brain a boost, but not so much that it's going to make your body crash (like you might find in a candy bar, plus it is easier for your body to process).

This brings me to my next point. Part of why you want to choose your stimulant wisely has to do with how easy it will be for your body to use it. Energy drinks are a complicated brew of things, and while they will give you a boost, it is much easier for your body to accept more natural based things like tea and coffee. Surprisingly, tea can have as much if not more caffeine than coffee depending on what type of tea it is, and considering the only ingredients

involved are a tea bag and boiling water, your body will process it quicker and it will put less stress on your body to process. Along the same lines, using fruit juice to stay hydrated can be a good idea. The natural sugars break down easily into your body and will help to give your system a boost.

The body works in cycles according to its own rhythm of highs and lows, and the whole point is to create within you a sustained high that will keep you going steady throughout the night as long as you need to finish whatever you are doing. Hence a good idea is having a set amount of coffee to drink and food to eat at regular intervals throughout the night. That way you balance out highs and lows by not taking in too much of anything at once. For example, having a cup of coffee every hour and a half will keep the level of it in your body far more steady and sustained than drinking ten cups all at once, and drinking it over time in intervals will ultimately be far more effective. On the same note, you will want to alternate having coffee, water, and food on a regular basis, for similar reasons.

Ever noticed how tired and sleepy you get after eating a big meal? Isn't it hard to concentrate as well? This is why you don't want to eat too much at one time when you stay up. You want to have snacks that you can munch on throughout the night.

You're going to want food that isn't going to be hard for your body to handle of course, like anything with a lot of grease on it. I have found pizza to be a good idea. Depending on what type

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DECEMBER EXAMINATION SCHEDULE DECEMBER 12 - 19, 2007

All Examinations are in the Capitation unless otherwise indicated

| Wed., Dec. 12 9:00 a.m. | Thurs., Dec. 13 9:00 a.m. | Fri., Dec. 14 9:00 a.m. | Sat., Dec. 15 9:00 a.m. | Mon., Dec. 17 9:00 a.m. | Tues., Dec. 18 9:00 a.m. | Wed., Dec. 19 9:00 a.m. |
|---|--|--|--|--|--|--|
| AUBIO 274A2 AUBIO 430A1 AUCHE 110A2 AUENG 101A3 AUENG 252 A1 AUENG 352A1 AUENG 361A1 in H800 AUBIS 201A1 AUMAT 111A1 AUMUS 100A1 AUMUS 262A1 in A024 AUPED 215A1 AUPED 482A1 AUPOL 101A1 AUPOL 101A1 AUPSY 275A1 | AUBIO 150A1 AUBIO 381A1 AUCHE 381A1 AUCHE 101A1 AUENG 101A2 AUENG 355A1 AUENG 361A1 AUCHE 101A1 AUMGT 200A1 AUPED 493A1 AUPH 355A1 AUPH 102A1 AUPH 102A1 AUPH 110A1 AUSOC 101A1 | AUECO 333A1 AUENG 101A2 AUENG 265A1 AUENG 365A1 AUPRE 101A2 AUMAT 260A1 AUMUS 225A1 in A024 AUPED 112A1 AUPED 351A1 AUPED 389A1 AUPH 208A1 AUREL 100A2 AUSOC 101A1 | AUBIO 253A1 AUBIO 320A1 AUCSC 110A1 AUECO 200A1 AUENG 32A1 AUENG 32A1 AUSOC 232A1 AUMAT 211A1 AUMGT 340A1 AUMUS 170A1 in A024 AUPED 262A1 AUSOC 101A2 | AUBIO 101A1 AUENG 291A1 AUENG 101A3 AUPED 241A1 AUPOL 101A2 AUPSY 313A1 AUSOC 232A1 AUSPA 101A1 in G202 | AUECO 422A1 AUENG 205A1 AUENG 305A1 AUBIS 358A1 AUMGT 422A1 AUMUS 260A1 AUPH 350A1 AUPOL 210A1 AUPSY 240A1 | AUCCLA 100A1 AUCSC 220A1 AUCSC 449A1 AUENG 208A1 AUPOL 240A1 AUREL 212A1 AUSPA 101A2 in G202 |
| Wed., Dec. 12 1:30 pm | Thurs., Dec. 13 1:30 pm | Fri., Dec. 14 1:30 pm | Sat., Dec. 15 1:30 pm | Mon., Dec. 17 1:30 pm | Tues., Dec. 18 1:30 pm | Wed., Dec. 19 1:30 pm |
| AUBIO 110A1 AUBIO 295A2 AUBIO 326A1 AUCHE 200A2 AUCSC 210A1 AUECO 258A1 AUENG 101A5 AUENG 215A1 AUBIS 250A1 AUMUS 227A1 AUMUS 327A1 AUPED 222A1 AUPED 261A1 AUPOL 100A1 AUSOC 377A1 | AUAT 101A1 in A024 AUBIO 222A1 AUCHE 110A1 AUECO 264A1 AUENG 101A4 AUENG 230A1 AUENG 330A1 AUPRE 301A3 AUBIS 200A1 AUMGT 320A2 AUPED 184A1 AUPED 220A1 AUPED 261A1 AUPOL 100A1 AUSOC 377A1 | AUACE 311A1 AUECO 101A2 AUBIS 100A1 AUMAT 110A1 AUPSY 101A4 AUREL 348A1 AUSTA 215A2 | AUBIO 411A1 AUCHE 279A1 AUCCLA 245A1 AUCHE 100A1 AUBIS 320A1 AUBIS 420A1 AUPRE 306A1 AUECO 320A1 AUECO 400A1 AUBIS 116A1 AUBIS 160A1 AUMGT 390A1 AUPED 371A1 | AUECO 311A2 in F104 AUBIS 103A6 AUENG 101A1 AUPED 201A1 in A122 AUMAT 101A2 AUREL 100A1 | AUCHE 250A1 AUBIS 103A1 AUENG 201A1 in H800 | AUCSC 460A1 AULAT 203A1 AUPOL 221A2 in A121 AUPSY 483A1 |
| Wed. Dec. 12 6:30 p.m. | Thurs. Dec. 13 6:30 p.m. | Fri. Dec. 14 6:30 p.m. | Mon., Dec. 17 6:30 p.m. | Tues. Dec. 18 6:30 p.m. | | |
| AUSOC 281A1 AUSOC 101X1 | AUENG 281X1 AUENG 381X1 AUEPS 258X3 | AUEFX 200A1 in H800 | AUEEC 202A1 AUPOL 103X1 in F104 | AUBIS 120X1 in F103 AUECO 120X1 in F103 AUBIS 200X1 AUPSY 346X1 | | |

POLICY REGARDING EXAMINATIONS:

- Unauthorized materials need to be left outside the examination room.
- Students may not enter the examination room earlier than five minutes before the testing begins.
- Students must remain in the examination room during the 30 minutes test, except with the permission of the supervisor.
- Students may not leave the examination for the first 30 minutes unless in an emergency. Any test materials must be left with the proctor.
- Students must remain seated until they are ready to leave the examination papers.

NOTE:

If you have three examinations in one day or two exams at the same time, see the Registrar immediately. If you must be absent from an examination because of illness, please inform the Registrar as soon as possible. A doctor's certificate will be required.

Want to say something...

Opinion

...We'll listen

The Journey of a Thousand Words

By Nathan Cole

It begins on the first day of class in the new term. First part of any class-reading the class outline. Inevitably, you check where your marks come from. And there's a paper. Maybe it's worth fifty percent, maybe twenty; but it's there and you need this class to graduate. Well, maybe you could take a different class, but that paper's months away. Who knows, you may even enjoy this paper; you could do it right with the perfect topic and plenty of preparation. For a moment your mind expands with the possibilities but slowly the thoughts drift away: what starts a paper on the first week?

So you calculate how many pages it needs to be- about 250 words per page- and file it away in your mind. Your head is a hot summer day and thoughts of the paper are bumblebees buzzing just outside your field of view.

And so it continues for perhaps a month and a half. Vague tensions arise; but you fear to look too closely lest you make the paper real. Avoidance turns into open procrastination. A hint of terror gnaws at the edge of sanity already: what if I never get a topic? Can I do this? Will anyone ever love me again?

A few topics are mulled over, but they don't feel right. They don't feel like your paper. Maybe a vague idea forms, and you don't toss it immediately. Perhaps

you take this one; it's only one paper after all, it doesn't have to have a perfect topic. Or, sometimes you even do find the perfect topic, and your interests and class requirements magically match. It happens sometimes. Sometimes just one sentence in a reading glimmers with possibility. It's a paper you not only need to write, but want to. Otherwise, your growing level of desperation- after all, the paper's only a month away (or only a few weeks away, or even less)- makes the topic seem ever more appealing. So you convince yourself that this topic is still good enough; at least you can write a paper on it.

So whether it comes easily or not, you have a topic. Celebration! Never mind that the real work hasn't even begun- you have your first concrete step. I think a break is justified.

But no! That wasn't real work. So you sit down at a computer and browse Google and Wikipedia. It's ok, this isn't real research; you're just coming to grips with the topic. Learning what words to use searching for articles. So you request a few sources; the library system is easy and convenient. Now you have a real accomplishment and can easily justify a break from the paper- after all, there's nothing you can do until you get the sources. The sources are at the library in two days, but it's at least a week before you bother to look for them.

But it feels as if a

weight's been lifted from you; a weight you'd barely noticed it came on so slowly. Joys like walking through a park or even facebooking feel pure and simple again. You live in the moment and laughter comes easily.

And yet, the paper must still be done. You read the sources; choosing the shortest ones first- after all, if they work, you can skip the long ones. You are resigned to your fate; and yet there is satisfaction that you are making progress.

At least once you probably skim past a quote, only to realize a day later that you need it. That it makes your point succinctly and perfectly. You forget which chapter and aren't even certain which book it's in. Maybe you only spend an hour looking, if you're lucky.

And now it's a week to a week and a half before the due date. Your plan is slowly coming together. You're still trying hard to avoid the paper, and anything that would be "good to do"

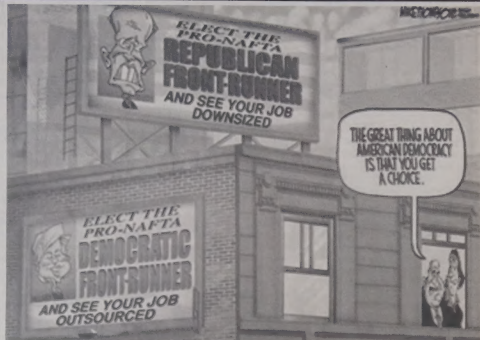
seems to have an amazing urgency. I must bake cookies! - For the first time in the semester. I must practice guitar!

Two socks are unmatched- better resort to the pile, somewhere two other socks are unmatched! Soon your life is in perfect order and you're everyone you ever wanted to be- except you haven't started the paper.

You carefully allot time- about an hour to write a page; so a page and a half before class on Thursday, two on Friday, and five over the weekend (you have other homework too).

But you must start; at least to avoid inconveniences like all-nighters. Or dying. So finally you open a blank Word document (or insert word processor of choice). It's more than a little scary- especially the intro. I recommend saving the intro for last. You name the paper and save it. There still aren't any words on the page; but yet you feel a surprising sense of accomplishment and almost take a break. But

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Ever Done Laundry in the Ravine?

Ever been in that situation where you go to put clothes in the washing machine and somebody else's newly washed clothes are still in there? I'm going to suggest that a protocol be established where if you really need to do your own laundry and there are no other machines available, you simply gather that person's laundry into a nice wet bundle and place it into one of the yellow shelves that hang on the wall in the laundry room. Then you put your own laundry into the machine, and go on your merry way while it washes. The Laundry Room is busy more or less all day, so be sure to know when the cycle is finished so you can promptly return to put it into the dryer. Once the

person whose laundry was in there prior to yours comes along, they will simply see their laundry up on the shelf, and deal with it from there.

Does this sound good?

Do we really need to steal each other's laundry? Do we really need to throw each other's laundry in the garbage? Is it really that satisfying? Are we at that point? We seem to be, because this kind of thing is happening.

Why not whoever it is that is stealing other people's laundry simply bring it back to the laundry room and leave it in a pile on the yellow shelves?

Something to think about.

That is all.

-Submitted Anonymously

We look forward to all submissions
Office located in F205

Dissatisfied with something on campus?
Dissatisfied with an issue in the world?

Contact the Dagligtale

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Nhiat Tittmamer
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A Letter from Lacy Fidler

I used to write a student blog for the University of Alberta. Maybe some of you read it and enjoyed it. Well, you won't be reading it anymore because I am now a "retired" blogger. However, this was no voluntary retirement. I was unceremoniously unemployed because I dared to write something negative about my experience here at Augustana on my blog, and it just wouldn't do to have prospective students reading something like that!

In the offending blog entry, I wrote about my frustrations dealing with the people in charge of Finances in Old Main. I had not been paid for my three months of work because the lady in charge of submitting time sheets was unaware that I had even started my job. Then I received a cheque, even though I had been set up to be paid through direct deposit, and I got no explanation why things had changed, and I was not even told if I would continue to be paid in this manner. I was frustrated with the lack of communication that was in no way my fault, yet led to my sole detriment. In my blog entry, I requested a little more communication among the people in Old Main so that I and other students would not have to suffer because they

don't talk to each other.

Apparently my blog entry was interpreted as an attack on the University of Alberta itself (Heavens forefend!), and therefore I had violated the agreement I had made as a student blogger not to say nasty things about this institution. As a result, I was sent an email saying that my employment was to be terminated immediately. I am now listed as a "retired blogger" on the site, though if you click on my name you can still see my past entries. Oh, except for the one that was taken offence to. That one has been deleted.

I have already informed the person who was responsible for this action that I feel I have been censored and that I don't believe I went against anything I had agreed to. The student blogs are supposedly for prospective students to read so they can get an idea of what an actual student's experience is like. Well, my frustration with the Finance Office was an experience I had as a student, and I am not the only student who has felt such dissatisfaction with that Office. In fact, once those prospective students actually get here, they will likely go through the same frustrations! No student has a fantastic day, every day, at University. It

would be foolish for a prospective student to think that, and it is incredibly irresponsible to try to project that image. I thought I was supposed to be writing honestly about my whole experience as a student. I did not realize that I was supposed to gloss over some of the more irritating aspects of University life that most students go through.

Instead of punishing me for speaking my mind and recording what I've experienced, it would have been nice if someone had said, "Say, she has a point. We should really address this problem and make sure she knows we hear what she's saying." Then I could have written a blog about how great this place is because they're not afraid to really listen to, and acknowledge, criticism, and are committed to keeping the students happy. Instead, I was first removed from the system and then asked to discuss the matter, when I was repeatedly told that my frustrations were well understood, but they couldn't have me depicting the University of Alberta as a bad employer (which I didn't), and that there was nothing anyone could do about it now. How convenient.

I perceive this as an act of deliberate censorship, especially

since my last blog entry has been erased, as though it never existed. Are they that afraid that my personal frustrations are going to drastically effect enrolment? Am I that much of a bad seed? I never intended for my words to be seen as an attack on the University itself, and if I'd known they were going to provoke such a gross over reaction I still would have written them, but maybe with a disclaimer at the beginning. That being said, I find it disturbing that this institution is so eager to hide the problems that its students may have. It's a very dishonest way to entice students to this school. This may not be true, but this experience has led me to believe that the thoughts of students already here are of no consequence unless they serve to convince prospective students that they are about to enter a land where everything is always perfect and they will never have to deal with anything unpleasant. I believe that prospective students should be told of everything that they may experience, both good and bad. Clearly this sentiment is not shared by others.

I have been told that this whole episode should not overshadow my experience here at Augustana. How can it not when I have just been

Response From Tim Hanson

It was unfortunate that there were misunderstandings with Lacy's payroll information. I have apologized to her for that. It is also unfortunate that she did not bring it to our attention shortly after she began writing for the Prospective Student Office. The matter could have been cleared up quickly with a five minute conversation. I also regret that this was the issue that precipitated the blog article that was deemed inappropriate and contravened the guidelines that Lacy agreed to when she took the position. Unfortunately, two wrongs don't make a right.

The Student Blog Objectives and Guidelines that Lacy agreed to clearly states: "While it is important to be honest, this is ultimately a recruitment tool, so you should refrain from posting really negative comments about the

censored for something I was unaware would be so offensive? I still greatly enjoy my classes and profs, but I guess I'll think twice about voicing an opinion again.

university" and "Refrain from using foul or crass language - maintain decorum. You are now an ambassador of the University." Lacy's blogs tend to be quite negative. She seems to have missed the point on the purpose of the blog. It is intended to provide insight into life as a student at Augustana, not simply a venue to voice whatever is frustrating to one student. Staff in the Prospective Student Office at Augustana and staff in the Student Recruitment Office in Edmonton all agreed that her last blog article definitely contravened the guidelines.

Lacy has a right to be frustrated. She also has a right to express her frustration in writing. Her choice to express this frustration in the Dag is appropriate. Her choice to express her frustrations on the blog for our prospective students was not appropriate. Finally, I did not tell Lacy that she should not let this whole blog episode overshadow her experience as a student here at Augustana. I merely suggested that I hoped that she would not let it. I think she may be missing out on a wonderful experience.

All-Nighters
Continued from page 3
you get and where you get it from it doesn't have to be greasy, and bring in pieces like it is, it lends itself to the idea of eating small amounts of food over time.

Worth noting is that the Augustana Coffeehouse has lower prices than 7-11 for food and for drinks. So if you

need to buy snacks, it can potentially be a good place to try. They also serve pizza at a cheaper price than most delivery places.

To Sum Up:

- Alternate eating, drinking water, and drinking coffee or energy drinks throughout the night, at regular intervals

- Drinking water will help you stay awake and focused just as much as caffeine will

- The Augustana Coffeehouse is cheaper and closer than 7-11

- Think about moderation and what kinds of things are easiest for your body to process

German Government Book Prizes

Each year the Consulate General of the Federal Republic of Germany awards a book prize to the top student in each German class. Augustana is very happy to award these book prizes to the following students for their achievements in the 2006-07 academic year:

| | |
|-----------|--|
| GER 101 A | Vanessa Butt & Jodie Medynski |
| 101 B | Ruth Eriksson & Morgan Martin |
| 101 C | Elisa Dick, Rosaria Lee, Kendra Nelson |
| GER 102 A | Morgan Martin |
| 102 B | Vanessa Butt & Jodie Medynski |
| GER 201 | Christina McCormick |
| GER 202 | Kara Blizard |
| GER 301 | Chet Archbold |
| GER 302 | Chet Archbold |
| GER 402 | Andrea Mammel |
| GER 403 | Sara Breikreutz |

Canadian Summer School in Germany:

| | |
|----------|-----------------|
| GER 200A | Johanna Peters |
| 200B | Sonja Seims |
| GER 300A | Alexei Gorelik |
| 300B | Abigail Hughes |
| GER 400 | Stephen Goodman |

Congratulations to you all!

Deadline for applications to the Smithsonian Internship Program is January 8th. For more information check out the links on the U of A International site:

http://www.international.ualberta.ca/studyabroad_work.php?id=329

ASA's Battle of the Bands

First place winners, Stash, were real crowd-pleasers, playing hard rock faves like the Immigrant Song and Ballroom Blitz. Their stellar performance won them the headlining gig at the Spring Formal.



Left: The Oly Grail took second place with ripping blues-infused rock. This power duo proved that sometimes two heads are better than five.

Below: Third place winners, Last Stand, took the last Formal slot with their high energy hard rock.



Below: The noble and self-sacrificing panel of volunteer judges took on the arduous duty of choosing between these bands. The judges were all students who signed up for the duty.





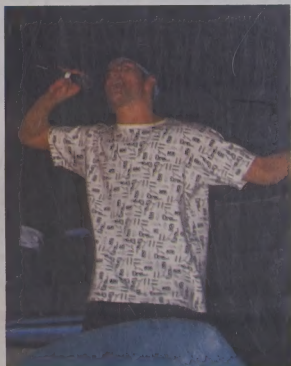
Remaining Bands:

Top Left: Alistair Allstar with classic and alternative rock.

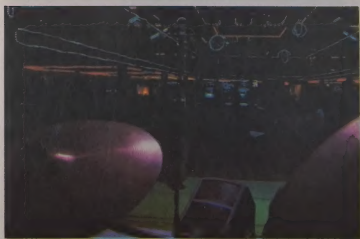
Top Right: The Skaletos playing (surprise!) ska.

Bottom Left: Discovery, who played acoustic covers of hip-hop songs.

Bottom Right: One Man Army, who sang his own hip-hop tracks.



That's right Freshmen!
Cameras were in the
house and we caught you
all doing the Macarena.
FOR SHAME!
Also, people cheered and
mashed for the acts and
we caught them too.
And the cymbals.



Sports



Clockwise from bottom left:

- 1: Lindsay Reder (left) and Kelsey Andersen (right) sweep the rock to the 4-foot.
- 2: #4 Dallas Smith (power) hits the ball over the net
- 3: #8 Jamie Sparrow dribbles the ball under pressure
- 4: Lisa Bratrud delivers the rock (mixed curling)
- 5: Jon McCorquindale (power) serves the ball
- 6: #9 Karla Binder dribbles the ball
- 7: #3 Amy Schumacher (setter) sets up #7 Jessica Steil (middle)

All pictures supplied by Karin Rodning



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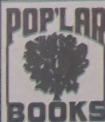
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Language

Critique de « Bon Cop, Bad Cop »

Par Sofie Forsström

Le Club de français a regardé le film canadien, « Bon Cop, Bad Cop » chez Madame Fielding.

Le film est vraiment canadien; c'est un film

bilingue et il est au sujet du sport national du Canada, le hockey. Quand un corps est retrouvé sur la frontière entre l'Ontario et le Québec, deux agents de police des deux provinces doivent travailler ensemble pour

trouver le meurtrier. Les détectives ont des langues, des personnalités, et des styles différents. L'un fait tout selon les règles, mais les méthodes de l'autre sont peu orthodoxes. Cependant, quand l'enquête devient personnelle, ils s'allient pour arrêter le tueur en

série.

Le film a quelque chose pour chacun : action, deux langues, l'humour canadien, l'amour, les grandes explosions, et, naturellement, le hockey! Tout le monde était d'accord : « Bon Cop, Bad Cop » est un très bon film!

An einem fremden Ort gestrandet

Deutschland, Heimat in der Ferne,
Ich hab dich ja so gerne.
Weit entfernt bist du von mir,
Ich hoffe auch ich fehle dir.
Was kann ich sagen oder tun
Du wirst stets in meinem Herzen ruhen.
Jetzt bin ich in Kanada
Und alles ist so wunderbar.
Seit ein paar Wochen bin ich hier
Und vermiss das deutsche Bier.
Was soll ich stöhnen oder sagen
Es gibt nicht viel zu klagen.
Alles ist anders und so fremd,
Wenn man keinen kennt.
Doch Leute traf ich auf der Stelle.
Standen plötzlich auf der Schwelle.
Als Freunde gewonnen hab' ich sie
Auch wenn eine Jammer über 's Knie.
Heimweh hab' ich ab und zu
Doch vergeht es glatt im Nu.
Verückte Menschen leben an diesem Ort,
Manchmal kommt man kaum zu Wort.
Hab' so viele hier getroffen
Und alle in mein Herz geschlossen.
Der Spaß findet hier kein Ende
Und das Resultat sind wackelnde Wände.
Wen gibt es nicht zu berichten.
Doch ich habe noch mehr Geschichten.
Ach, wo ist hier die Zeit geblieben,
Hab' nur ein paar Zeilen geschrieben.
Hoffe sie haben euch Freude gemacht
Und ihr habt ein wenig gelacht.

-Stefanie Beulke

Me Desordeno, Amor, Me Desordeno

The following is an "erótica" poem by a famous Cuban poetess.

Me desordeno, amor, me desordeno
Cuando voy en tu boca, demorada
Y casi sin por que, casi por nada
Te toco con la punta de mi seno

Te toco con la punta de mi seno
Y con mi soledad desamparada.
Y acaso sin estar enamorada
Me desordeno, amor, me desordeno.

Y mi suerte de fruta respetada
Arde en tu mano lubrica y turbada
Como una mal promesa de veneno
Y aunque quiero besarte arrodillada
Cuando voy en tu boca, demorada
Me desordeno, amor, me desordeno

-Cárida Olivera Lobra

God Jul!

Jeg håper at alle som kan lese artiklen vil ha en fin Jul og et godt nytt år! For de som kan like lese norsk... Merry Christmas! Den Skandinaviske Klubben skal til Edmonton på fredag klokka 4:45. Den Skandinaviske Klubben på Universitet Alberta vil ha en Julefest i Edmonton klokka 6 i kvelden. Hvis du vil

komme, må du bare sende en epost til meg (andraea@ualberta.ca)! Jeg håper at alle vil ha det godt i snøen, kanskje du vil gå på ski eller spiser litt lefse også!

Like til med eksamene dine og vi sees i 2008.

- Andraea
Jeg ER så glad hver Jul!

"Jst That" continued from page 2
loadable MasterCard?

Globalization has affected advertising immensely, as shown through strategic marketing and superficial brand bombing. Aside from all that, my most concrete experience of globalization is with virtual communities. Admittedly, I am familiar with websites like Facebook, Snowboard.com, Nexopia, Hi5, instant messengers like MSN, and ever-popular unlimited text messaging. Dominic E. Madell and Steven J. Muncer conducted a study to determine why young people chose to use electronic communication for social purposes. The most

concise information taken from the article is as follows:

"In particular, the data seemed to suggest that participants felt that because some communication media such as email, text messaging and instant messaging can [...] allow one time to stop and think before giving a response if this is desired [...] This gave participants greater control over interactions than they would have if, say, communicating via voice calls using the telephone or face-to-face." (Madell and Muncer 137)

It is the disconnected and delayed nature of instant messaging, text messaging, and email that allows individuals time to think about how

they want to respond. Falsified communication does not compare to that of face-to-face and this detached version of relationship development creates artificial emotion between individuals. The article indicates individuals desiring "greater control over interactions" (137) and this epitomizes humanity's desire to exert control over everything in its way. Globalization has given us the opportunity to control our life: we choose whatever music we want to listen to, we choose which chat room we enter, where we want to go in the world, and how we want to get there, all with the simple click of a mouse. We access everything universally, and we in

turn are universally accessible.

It is clear that the virtual world I so often relinquish myself to is disconnected, detached, and merely a substitute for human interaction. Why then, do I continue to text "sup," "tyl," and "meet me in the lobby in 5" to people that live in the same building? Why, when I know my neighbor is sitting contently in her room at her desk, do I double click her IM name and start a "conversation"? Is there a sense of belonging? Is there a sense of security so that when I reveal a secret or voice my opinion, I will not see the facial expression of whoever is on the receiving end of my text? The "safety net" virtual interaction provides us ultimately produces

other forms of insecurity to replace those existing in the human world.

I know my peers encounter similar "addictions" (I find it alarming that I associate the word addiction to text messaging and instant messaging), so I think some form of awareness should be brought to their attention. By writing this article, I understand that I will not inspire every single owner of a computer and/or a cell phone to remove instant

Source:

Madell, Dominic E., and Steven J. Muncer. "Control Over Social Interactions: An Important Reason for Young People's Use of the Internet and Mobile Phones for Communication?" *CyberPsychology & Behavior* 10.1 (2007): 137-44.

messaging from their computer or to toss their cell phone in the trash, however, increased awareness is always better than ignorance. Personally, I am going to make it a goal to restrict my text messaging and Internet usage, and maybe even write letters. I encourage all of you to think twice before "texting" and instead, make the exhausting trip ten feet down the hallway to speak to your neighbor face to face.

Writers' Corner

Nicholas Was...

older than sin, and his beard could grow no whiter. He wanted to die.

The dwarfish natives of the Arctic caverns did not speak his language, but conversed in their own, twittering tongue, conducted incomprehensible rituals, when they were not actually working in the factories.

Once every year they forced him, sobbing and protesting, into Endless Night. During the journey he would stand near every child in the world, leave one of the dwarves' invisible gifts by its bedside. The children slept, frozen into time.

He envied Prometheus and Loki, Sisyphus and Judas. His punishment was harsher.

Ho.

Ho.

Ho.

(The foregoing is excerpted from *Smoke & Mirrors* by Neil Gaiman. All rights reserved.)



Rebel

We are all taught from childhood
The ways of our lives,
The colors, the shapes, the numbers and size.

Red is red,
And blue is blue,
Square is square,
And two is two.

The big box, the small box,
The red barn, the ant farm.

We get these ideas drilled into our minds,
Then we are told we have free will.

Right, free will, that's what we have—
What if we decide a square is a circle,

Or that's not blue, it's yellow,
Then I am persecuted, told I am color blind,
I have dyslexia or ADD, ADHD, schizophrenia, etc.

I get sent for tests to correct my unwillingness to
Conform to this "free-willed" society.

We don't get to choose what we think!
Not in this bullshit society where we follow the rules.

Yellow is not blue, it's yellow,
You know why, because someone's great, great,
Twenty fourth cousin on their dad's side decided

To make it that way.
That's this wonderful world's version of free-will.

WORDS! Words made up to give guidelines,
Then construed to law.

Another person's choices, their true free-will,
Only for us it's recycled, refined, shortened

And redefined, then inherently passed on to us.
We get taught these ideas,

Then because of our upbringing pass it on to our
Children, then them to theirs.

Like us,

From our grandparents, to our parents, to us.

We will all conform to unity.

One mind frame,

Red is red,

Blue is blue,

Square is square,

And two is two.

Because that's free will dammit!

You will conform.

You wait and see...

Because in the end you will be just like the rest of us.

An individual.

-Lindsay Nadeau

For B.

There is a massive eyesore on my formerly
perfect windshield.
chipped-out rings of negligence staring me down.
Beyond it I see, the impossibility of a bright
sunset.
Defiant against the black sky
and burning a hole in the darkness.

-SS

An Exercise in Memory

By Leslie Lindballe

When I carefully packed up my belongings in preparation for four months in Cuba, I came up against a dilemma: do I bring my ridiculously large camera to capture a few choice shots that no one else really wants to look at, or do I trust my memory to retain the most important images of my trip? Coming to an answer was not easy, but thoughts of my Philosophy of Technology and Environment class pushed me to leave it behind.

Think about it this way: at one point in time not only did we not have

computers, the internet, or phones, but we didn't have a printing press and most of the population was illiterate. Were we less intelligent or less adept at retaining important information without these indispensable technological advances? I would argue not, but the method of retention was obviously different. Oral traditions, knowledge embedded language, and continual practice was necessary to pass down those skills needed for living in healthy communities.

Am I arguing that technological advances make us dumber, destroy our communities, or

negate our traditions? Not at all, but I am drawing attention to the fact that every time we adopt a new form of technology, whether it be a printing press or inserting ourselves into the world of Facebook, we are giving something up. We are necessarily sacrificing in whole or in part a method we previously employed to accomplish the same objective.

This exercise in memory was my own attempt to move myself out from behind the camera and insert myself more consciously into the wonder of Cuba. Of course you cannot "see" exactly what I saw in

downtown Santiago de Cuba, but perhaps I can give you a glimpse.

Downtown Santiago de Cuba

You freeze, feet fused to the concrete. It's shady here, but the sidewalk holds the heat of a thousand years of sun. The quick beats of the African music from the dilapidated dance studio beside you captures your knees in its sway. The deep bongo punctuated with the quick shakes of the

maracas prostrate themselves to the steady clink of the cowbell.

Somehow the beat has matched itself to your blood and your body hums with vitality.

Shaking yourself alive, your head leans back and you open your eyes. Two

feet fronds dangle two feet above you, growing from a cement wall.

They defiantly send their roots downward, miles to go before they rest.

They thrive in the joint of two buildings, one sky blue, one mint green.

They commit their life to decay, camouflaged in a space between

definitions. Your eye follows the blue wall, skirts the green to the white embellishments, legacies of the Spanish, edges worn from cycles of flood and fire. Another building, faded from red to rose, rims viscous blue sky. Thick black cables stalk the clouds but they can't touch the early moon. She floats between them all in profile. Black and blue, green and red, you find your way back into your blood, music still flowing. Feeling the call of the dance which is about to begin.

Professor Profiles: Karsten Mundel



What do you teach at Augustana?

I teach in the Global and Development Studies program. My main teaching is in the Puebla-Alberta Community Service Exchange (PACSE) which sees students living and learning in rural Mexico and rural Alberta in the fall semester each year. Stop by and chat if you want to find out more about this program! I also work in the administration of international, outdoor and community service-learning programs.

What made you first think of becoming a professor?

I grew up in a family of educators and so I think I

Thousand Words

Continued from page 4 you must not. And so, perhaps two months later, the essay finally begins.

After all this drama the paper itself is almost uneventful. Hopefully by now you know almost what you will write and roughly when and where. But there are still surprises- maybe you notice your time estimate is off- but you can always stay up and finish it the night before. Much worse is when you notice that you've finally written all ten pages (or insert fifteen, or eight, or whatever the case may

vastly different starting points.

If you had to be something other than a prof, what would it be?

I would love to be a small-scale family farmer. Maybe some day I will be able to farm and be a prof at the same time.

What do you want your students to know about you?

I was involved in student politics both while here at Augustana and at the University of Toronto. I feel that this type of involvement really enriched my learning experience. A university is a great way to get involved in making changes to a place that you care about—learning that you can use for the rest of your life!

Are you married? Have kids? Pets? Hobbies?

I am married to Deena Hinshaw who is also a grad from Augustana. She is completing her residency in community medicine at the North Campus. Together we are involved in different local organizations.

and conclusion usually just take a few minutes each, but the bibliography can catch you. It can take a long time (and help from the helpful reference librarians) to figure out how to cite that crazy book where two authors traded off writing each successive word like some parlor game. But this too passes—everything does—and hopefully the prof doesn't care that much about the minutiae of MLA. But you just never know. But the paper is in, and worries fade because life is beautiful. Incidentally, this is also much how I write Dag articles.

What inspired you to develop your courses (esp. Fort McMurray, CSL, PACSE)?

I should note that the different courses that I teach and work on are developed in conjunction with others. I cannot and do not take sole credit for them. Now to answer the question, I am excited by courses that encourage students to challenge their assumptions on all manner of topics. For me, a key way to do this is to find ways in which to have students incorporate experiences outside of the traditional classroom. This is why in many of my courses, students do different types of community-facing projects or volunteering as one of the course "texts." I find this is a great way to learn and to be.

As you were a former student of Augustana (old school CLC, I think?), what is your picture of how the campus has developed since then, and what challenges do you see in the future?

There are many things that are similar between now and then. Many of the staff and faculty are still here which is

wonderful. It is also great to see the way in which staff, faculty and students all work together in the different formal and informal learning projects that are part of the Augustana experience. I hope that we can keep this culture alive and well as we continue to define what it means to be part of a larger institution.

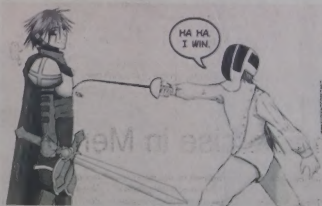
What excites you about the direction university education is heading (or are you excited at all)?

I am concerned about the increased specialization that is taking place at the university. On the one hand, it is great to see new things we can learn about the world as we focus in on a specific topic. On the other hand, I am worried that too narrow a focus on specific topics and areas of research at the university can lead to an education that is incapable of addressing the pressing needs of the world because they are so tightly focused—a case of knowing so much about the tree but not enough about the forest. I think that there are trends such as

interdisciplinarity that have the possibility of overcoming this, so there is hope.

Prenez aside, if you could force every student to take one of your classes, what would it be? In other words, what's the most important thing you teach?

For me, it would be wonderful if all students would take a course with a community service-learning (CSL) component. There are many courses on campus that have had different forms of engaging the campus and local communities. I am working on an initiative to see more courses move students out of the classroom for a while to apply the theories learned to a real context. It would be great to see more students take courses where volunteering or community engagement is one of their texts to understand topics from ecology to English. While I am not teaching in either of those areas, I am involved, with Dag editor Leslie Lindballe, in setting these up.



Interested in Fencing?

The Augustana Fencing Club can offer you the opportunity to try it. Look for introductory clinics, lessons, movie nights, and other events being offered in the upcoming semester.

To be put on the club mailing list and receive notification of upcoming events directly, send your email address to markp@ualberta.ca

Visit www.augustanafencingclub.blogspot.com for more information about the club.



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Quote of the Month

People are afraid of themselves, of their own reality; their feelings most of all. People talk about how great love is, but that's bullshit. Love hurts. Feelings are disturbing. People are taught that pain is evil and dangerous. How can they deal with love if they're afraid to feel? Pain is meant to wake us up. People try to hide their pain. But they're wrong. Pain is something to carry, like a radio. You feel your strength in the experience of pain. It's all in how you carry it. That's what matters. Pain is a feeling. Your feelings are a part of you. Your own reality. If you feel ashamed of them, and hide them, you're letting society destroy your reality. You should stand up for your right to feel your pain.

-Jim Morrison

Photos of the Month



Here's this month's (anonymous) Photo of the Month!

Send us your zany, crazy, or other miscellaneous photos to have them featured on the back of next month's edition!